



## Recreation Therapy and Music Therapy Activities for Enrolled Outpatient Veterans

Check out VA Central Iowa Facebook Page for Updates

<https://www.facebook.com/VACentralIowa/>

Day/Date	Time	Location	Description	Who May Participate	Contact Information
Mondays in July	6:00- 8:00pm	VA Building 12 Room B109	<b><u>Music Therapy Jam Session</u></b> If you've ever wanted to sing/play with other veterans, join this open music clinic! Instruments are provided and experience is not necessary!	Any Veteran	Matt Lloyd 515-699-5999 X4983
Tuesdays in July	2:00- 3:00pm	VA Building 7M Room 101	<b><u>Chair Yoga (Beginner)</u></b> Beginning level yoga class with most movement in chairs. Learn about breathing techniques and relaxation.	Any Veteran	Megan Trimble 515-699-5999 X4039
Wednesdays in July	4:00- 5:00pm	VA Building 7M Room 101	<b><u>Tai Chi</u></b> Form of exercise that focuses on weight transfers, balance by using slow movements and can also help relieve pain, stress, and improve muscular strength.	Any Veteran	Josh Mulder 515-699-5999 x5984  Stephanie Day 515-699-5999 x3835
Thursdays in July	4:00- 5:00pm	VA Building 7M Room 101	<b><u>Mat Yoga (Intermediate)</u></b> Higher level mat yoga class that is trauma sensitive and helps assist Veterans with breath control, emotional regulation, and mental-resiliency.	Any Veteran	Klay Queck 515-699-5999 x4838

			<b><u>Amputee Support Group</u></b> There will be no Amputee Support Group in the month of June or July due to staff travel and the 4 <sup>th</sup> of July Holiday.	Any Veteran or community member with an amputation	Amber Krakau 515-699-5999 X4982
Saturday, July 13 <sup>th</sup>  &  August 3 <sup>rd</sup>	10:00am- 2:00pm	Copper Creek Lake 4400 E University Ave. Pleasant Hill, IA 50327  August 3 <sup>rd</sup> location TBD	<b><u>Team River Runner</u></b> Come out to enjoy both the challenge and peacefulness that kayaking offers! All levels and abilities welcome. We have 3 fully adapted kayaks for anyone with a physical disability to try. All equipment and instruction provided for FREE.	Any Veteran  <u>Must call or email to sign-up!</u>  *Limited spots available*	Joni Osmundson 515-699-5999 x4980  <a href="mailto:TRRdesmoines@gmail.com">TRRdesmoines@gmail.com</a>  Check out our Facebook page at "Team River Runner Des Moines" for updates
Tuesday, July 2 <sup>nd</sup>  &  July 16 <sup>th</sup>	5:30- 8:00pm	Ponds in Des Moines and surrounding area  *Check FB page or call for locations*	<b><u>Project Healing Waters-Fly Fishing</u></b> Have you ever wanted to learn how to fly fish? Join the Project Healing Waters volunteers as they teach you this fun new skill! All materials are provided. No experience necessary!	Any Veteran	Joni Osmundson 515-699-5999 x4980 or Dale Sanders Dale.sanders@projecthealingwaters.org <a href="https://www.facebook.com/PHWFFDSM/">https://www.facebook.com/PHWFFDSM/</a>

Wednesday, July 10 <sup>th</sup>	7:00- 10:00pm	Des Moines Playhouse  831 42nd St, Des Moines, IA 50312	<b><u>Showing of the Newsies</u></b> Another “on your own activity.” Wonderful chance to see a FREE show—“Newsies”. Come to lower level door on east side of building. After 7:15pm the doors will lock.	Any Veteran and guest	Contact: Ann 515-205-9757
Thursday, July 11 <sup>th</sup>	Meet at the trail at 8:30am  Ride starts at 9:00am	Waukee Trails	<b><u>Veterans Riding to Live- Cycling</u></b> A group of cyclists who love to ride and be outdoors. Lunch provided by the DAV after the ride! *Some standard and adaptive bikes are available if needed*	Any Veteran	Klay Queck 515-699-5999 x4838  Joni Osmundson 515-699-5999 x4980  Check out our Facebook page “Vets Riding to Live” for updates
<b><u>3<sup>rd</sup> Session</u></b> Saturday, July 13, 20, 27 & August 3, 10  <b><u>4<sup>th</sup> Session</u></b> Friday, Aug. 16, 23; Sept.6, 13, 20	<b><u>3<sup>rd</sup> Session</u></b> 9:00- 11:00am  <b><u>4<sup>th</sup> Session</u></b> 1:00- 3:00pm	Warrior Run Golf Course 3089 North Ave, Norwalk 50211	<b><u>GIVE-</u></b> <b><u>Golf for Injured Veterans Everywhere</u></b> Free golf lessons for Veterans. Program provides refurbished golf clubs if you do not have your own and you may bring a plus one through the program as well. Earn membership card for free and discounted golf upon completion of all five classes.	Any Veteran  <b><u>Must call to sign-up!</u></b>  *Limited spots available*	Klay Queck 515-699-5999 x4838  <a href="http://giveforveterans.com/">http://giveforveterans.com/</a>